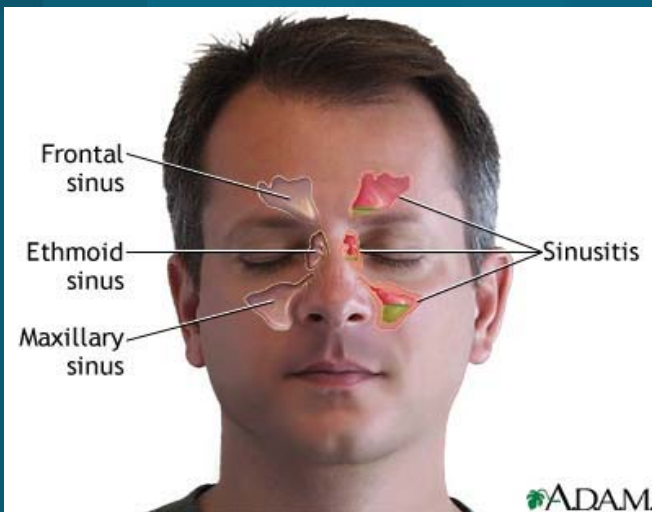


Sinus Infections

What Are Sinuses?

Sinuses are air-filled, hollow cavities that surround your nose and nasal passages. When these passages become inflamed or irritated, fluid may accumulate and obstruct the normal drainage of mucus into the sinuses. This is known as a **sinus infection** or **acute sinusitis**.



Symptoms may include:

- Facial pain
- Headaches
- Fever
- Swelling around the nose, eyes, or cheeks
- Congestion
- Cough
- Nausea
- Fatigue



Self-Care:

Drape a towel over your head while **breathing in steam** from a bowl/sink of hot water, or take a hot shower.

Apply a **warm compress** on your forehead, nose, cheeks, and/or eyes to alleviate pain.

Take an over-the-counter **decongestant** to help relieve congestion.

Avoid alcohol which can increase the swelling in the lining of the sinuses and nose.

Stay **hydrated**. Fluids will help dilute mucus and promote proper drainage.

Prevention:

Reduce risk of upper respiratory infections by washing hands frequently and avoiding exposure to people with colds.

Avoid polluted air and cigarette smoke which can irritate lungs and nasal passages.

Use a humidifier to keep the air moist.

Limit alcohol use which can cause sinus passages to swell.

Some sinus problems require antibiotic drug treatment. If your symptoms are not improving, be sure to seek a healthcare professional.